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Infographic. Comparative effectiveness of treatments for patellofemoral pain: a living systematic review with network meta-analysis

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INTRODUCTION

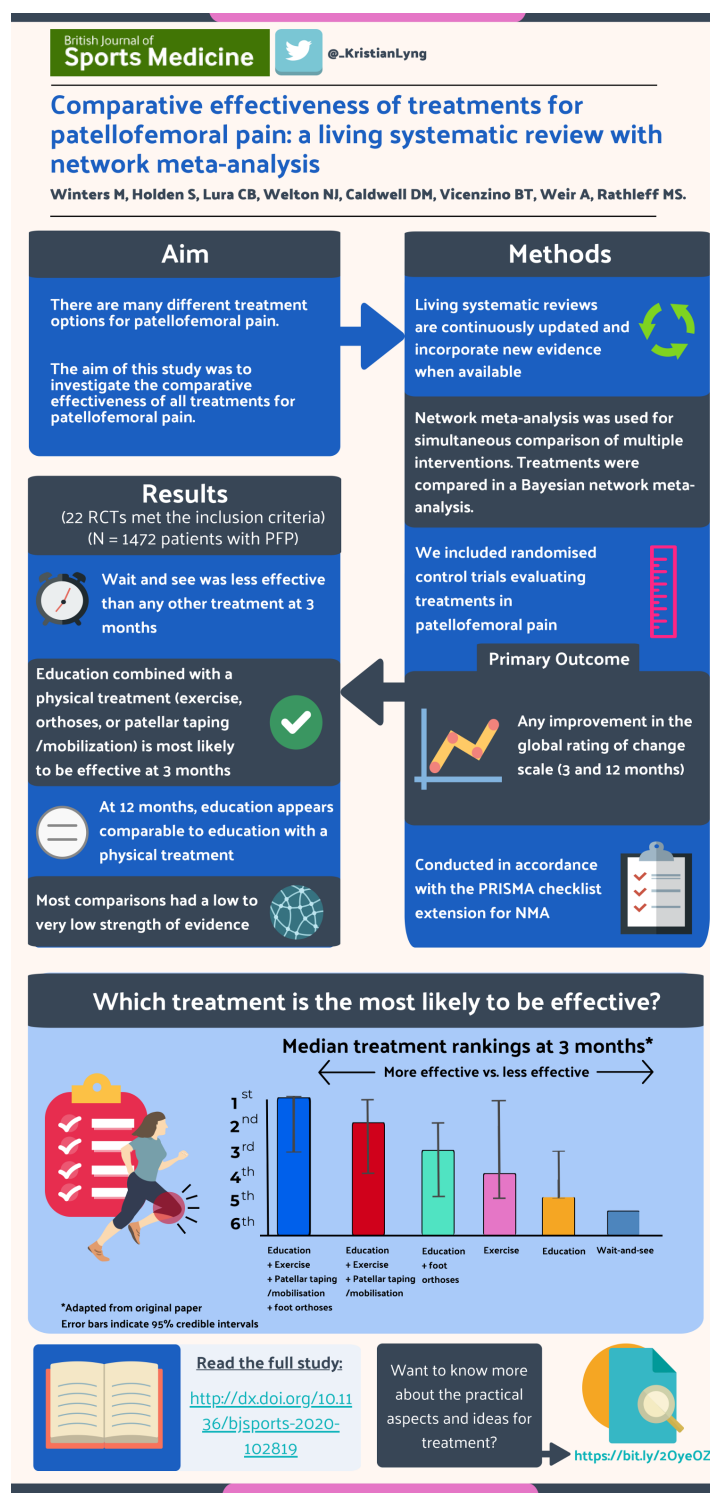
Patellofemoral pain (PFP) is one of the most common knee complaints and negatively impacts daily living and quality of life.¹ Despite its high prevalence, managing PFP is often challenging, with poor prognosis and a large variety of treatment strategies available.^{2,3}

THE NEED FOR A LIVING SYSTEMATIC REVIEW AND NETWORK META-ANALYSIS (NMA)

There are many systematic reviews that have investigated different head-to-head comparisons for treatment of PFP. However, the comparative effectiveness of *all* available treatments for PFP has never been investigated. This makes it challenging to decide on the most appropriate treatment. Additionally, systematic reviews need to be updated regularly to reflect the most recent and up-to-date research. A *living* systematic review with a network NMA allows for the simultaneous comparison of all available treatment strategies for PFP.⁴ It supports clinicians with an up-to-date and comprehensive overview of the comparative effectiveness of treatments.⁴

In this paper,⁵ published in the *British Journal of Sports Medicine*, we performed a living systematic review with an NMA to evaluate the comparative effectiveness of all available treatments for patients with a clinical diagnosis of PFP. We included randomised control trials investigating the effectiveness of treatments in patients with PFP. Our main outcome was 'any improvement' on the Global Rating of Change Scale.

We showed that compared with all other treatments, 'wait and see' was the least effective approach at 3 months. Education in combination with a physical treatment (exercise, orthoses or patellar taping/mobilisation or a combination of these treatments) was more likely to be effective at 3 months compared with all other treatments alone. Education alone is comparable to education in combination with a physical treatment at 12-month follow-up.



Infographic

FUTURE TREATMENT OF PFP

We highlight the comparative effectiveness of different treatments for PFP in our living systematic review with NMA. When new evidence emerges, the NMA will be updated to provide clinicians with a contemporary overview of the best available evidence for the treatment of PFP. This paper can be freely accessed on <https://bjsm.bmj.com/content/55/7/369>, and future updates will be available at <https://www.generalpractice.aau.dk/research/Center-for-Musculoskeletal-Health/mangement-patellofemoral-pain>, which also contains ideas on how to deliver treatments presented in the NMA to ensure our NMA supports clinical practice.

RATIONALE FOR INFOGRAPHIC

The rationale for this infographic is to further increase the attention of the study's findings. By creating an infographic, we hope to aid clinical practice and research translation in general. Our infographic includes a link to our living synthesis. We hope our infographic will support clinicians managing PFP now and in the future.

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Contributors KDL produced the infographic with revisions provided by MW, SH, CBL, NJW, DMC, BTW, AW and MSR. All authors read and consented to the content of the infographic.

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